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This listing of claims will replace all prior versions, all listings, of claims in the application:

Listing of Claims:

Claims 1-32 (Cancelled)

33. (Currently Amended) A method of treating hot flashes associated with menopause in a woman, comprising:

providing at least one cooling device; and

instructing a woman to place the at least one cooling device at a location on the back ~~or at a hot flash origin site~~ of the woman who is experiencing a hot flash or is prone to experiencing hot flashes.

34. (Cancelled).

35. (Original) The method of claim 33, wherein the at least one cooling device comprises an adhesive patch.

36. (Original) The method of claim 35, wherein the at least one cooling device comprises a water-containing gel coupled to a gas-permeable substrate.

37. (Cancelled).

38. (Original) The method of claim 36, wherein the water-containing gel comprises a polyacrylic acid component.

39. (Original) The method of claim 36, wherein the at least one cooling device comprises one or more strips located at least

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partially around the water-containing gel, the strips being substantially free of the water-containing gel.

40. (Cancelled).

41. (Original) The method of claim 33, wherein the at least one cooling device is free of a pharmaceutical agent.

42. (Cancelled)

43. (Cancelled).

44. (Original) The method of claim 33, comprising instructing the woman to apply the at least one cooling device at a location between the shoulder blades of the woman.

45. (Original) The method of claim 33, comprising instructing the woman to apply the at least one cooling device to a region located between the C3 vertebrae and the T6 vertebrae.

46. (Cancelled).

47. (New) A method of treating hot flashes associated with menopause in a woman, comprising:

placing at least one cooling device at a location on the back of a woman who is experiencing a hot flash or is prone to experiencing hot flashes, the cooling device comprising a water-containing gel.

48. (New) The method of claim 47 further comprising the step of removing the cooling device from a package prior to the step of placing the at least one cooling device at a location on the back.

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49. (New) The method of claim 47 wherein the at least one cooling device comprises an adhesive patch.

50. (New) The method of claim 47 wherein the at least one cooling device further comprises a gas-permeable substrate coupled to the water-containing gel.

51. (New) The method of claim 47 wherein the water-containing gel comprises a polyacrylic acid component.

52. (New) The method of claim 47 wherein the at least one cooling device comprises one or more strips located at least partially around the water-containing gel, the strips being substantially free of the water-containing gel.

53. (New) A method of treating hot flashes associated with menopause in a woman, comprising:

removing at least one cooling device from a package;
and

placing the at least one cooling device at a location on the back of a woman who is experiencing a hot flash or is prone to experiencing hot flashes.

54. (New) The method of claim 53 wherein the cooling device comprises a water-containing gel.

55. (New) The method of claim 53 wherein the at least one cooling device comprises an adhesive patch.

56. (New) The method of claim 53 wherein the at least one cooling device further comprises a water-containing gel coupled to a gas-permeable substrate.

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57. (New) The method of claim 54 wherein the water-containing gel comprises a polyacrylic acid component.

58. (New) The method of claim 54 wherein the at least one cooling device comprises one or more strips located at least partially around the water-containing gel, the strips being substantially free of the water-containing gel.